

June 22, 2017

PIN 17-08-CCLD

TO: COMMUNITY CARE LICENSED PROVIDERS

FROM: *Original signed by Pamela Dickfoss*
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SUBJECT: **NOTICE REGARDING EXTREME HEAT IN CALIFORNIA**

Provider Information Notice (PIN) Summary

PIN 17-08-CCLD provides information regarding the extreme heat in California.

The National Weather Service has issued an Excessive Heat Warning and/or Heat Advisory for much of California. Temperatures have already reached well above 100 degrees with forecasted temperatures remaining hot through June 24, 2017.

The Community Care Licensing Division reminds providers to:

- Review your facility's emergency disaster plan. It should include:
 - Up-to-date emergency telephone numbers
 - Contingency plans in the event the facility's air-conditioning system goes out
 - An evacuation plan in case residents/clients need to be moved to a motel or other "cooling centers." Information on local cooling centers can be found [here](#)

- Report any heat-related illnesses/deaths to the local licensing office
- Contact your local licensing office for help with evacuations or other assistance
 - [CCLD Child Care Regional Offices](#)
 - [CCLD Children's Residential Regional Offices](#)
 - [CCLD Adult and Senior Care Regional Offices](#)

Extreme heat poses a substantial health risk, especially for vulnerable populations including young children, the elderly, those with chronic diseases or disabilities, pregnant women and people who are socially isolated.

Warning signs of heat-related illnesses may include heavy sweating, muscle cramps, weakness, headache and nausea. Vomiting, diarrhea, paleness, tiredness and dizziness can also be indicators of heat-related illness.

California Department of Public Health (CDPH) offers the following [tips](#) to stay safe during this period of excessive heat:

- Never leave infants, children, dependent adults, elderly or pets in a parked car. It can take as little as 10 minutes for the temperature inside a car to rise to levels that can kill.
- Drink plenty of water or juice, even if you are not thirsty. Avoid alcohol.
- If you don't have air conditioning, visit a cooling center or a public place with air conditioning (such as a shopping mall or library) to cool off for a few hours each day.
- Avoid outdoor physical exertion during the hottest parts of the day. Reduce exposure to the sun from 10 a.m. to 4 p.m. when UV rays are strongest, and keep physical activities to a minimum during that time.
- Wear a wide-brimmed hat to cover the face and neck, wear loose-fitting clothing to keep cool and to protect your skin from the sun.
- Monitor those on medications. Many medications increase the likelihood of dehydration.
- To prevent overheating, use cool compresses, misting, showers and baths. Get medical attention if you experience a rapid, strong pulse, you feel delirious or have a body temperature above 102 degrees.

The following links are resources to assist providers in protecting residents and clients in care from heat-related health issues.

- Centers for Disease Control: [Protecting Vulnerable Groups from Extreme Heat](#)
- CDPH: [Extreme Heat Safety Tips](#) and [Seniors and Heat Illness](#)
- California Office of Emergency Services: [Summer Heat Resources](#)

If you have questions regarding this notice please contact your local regional office.